

Safe Sourcing Guide

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Where your medicine comes from matters as much as how you use it. This short, no-fuss reference covers what to look for (and what to avoid) when sourcing psilocybin, LSD, or San Pedro — plus where I personally recommend people start.

WHERE I PERSONALLY RECOMMEND PEOPLE START

Golden Rule Mushrooms

Consistent, high-quality, and the source I personally partner with — covering psilocybin, LSD, and San Pedro in one trusted place. Use my code below for a discount as part of this community.

goldenrulemushrooms.com/coupon-code/jessicae10/shop/

Psilocybin

LSD

San Pedro / Huachuma

What to Look For (and What to Avoid)

Psilocybin

Potency varies by species, growing conditions, and plant part used. A consistent source is what makes "start low and go slow" actually work in practice.

LSD

Doses are measured in micrograms with no way to estimate strength by sight. Substitution risk is real — what's sold as LSD isn't always LSD.

San Pedro / Huachuma

Mescaline content varies enormously plant to plant. Species identification and sourcing knowledge matter more here than almost anywhere else.

Quick Red Flags & Green Flags

✓ Green Flags

- Source can speak to species, cultivation, and consistency batch to batch
- Welcomes questions about testing and preparation
- Consistent supply you can reorder from with confidence
- Transparent about origin and lineage, not just potency claims

✗ Red Flags

- Vague or evasive about species/strain or preparation
- Inconsistent product from order to order
- Pressure to buy more than you need, or "too good to be true" pricing
- No way to ask questions or verify what you're getting

A Note on Testing

Reagent test kits (for LSD/research-chemical substitution risk) and a trusted, consistent supplier (for natural potency variability in mushrooms and San Pedro) solve two different problems. A good source reduces how often you need to reach for a test kit in the first place — but testing is still a smart habit, especially with anything from a new or unverified supplier.

Questions about sourcing for your specific situation? Reach out any time — jessica@intuitivelifewellness.com | intuitivelifewellness.com • cosistersinpsychedelics.org

Recommended source for all three medicines: goldenrulemushrooms.com/coupon-code/jessicae10/shop/

Affiliate Disclosure: This guide includes an affiliate link to Golden Rule Mushrooms via Colorado Sisters in Psychedelics. All proceeds from this partnership are donated to CO-SIP to fund community programming and events.